

Quality of Life

Healthy People 2010's goal is to increase both the quality and quantity of years of healthy life for everyone. Since degrees of happiness and good health tend to coincide, an assessment of a person's satisfaction with life is an important indicator of health status. Moreover, people who have little or no social or emotional support, or those who suffer from disabilities or chronic diseases, tend to be unhappy with their lives. Therefore, measuring the amount of social or emotional support a person regularly receives is another accurate indicator of a person's quality of life.

Life Dissatisfaction

When the BRFSS asked South Carolina adults how satisfied they were with their lives, 6.4 percent of the respondents claimed that they were dissatisfied. More blacks reported life dissatisfaction than whites. The rate of dissatisfaction among black men, at 9.4 percent, was more than twice that of white men, which was 4.5 percent. Respondents earning lower incomes and those who were less educated or unemployed claimed more life dissatisfaction than their more affluent and educated counterparts.

Rarely or Never Receive Social and Emotional Support

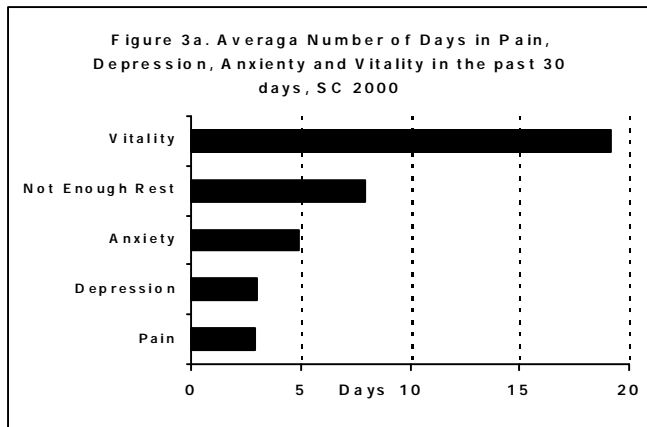
BRFSS data indicates that in 2000, 26 percent of South Carolinians did not get the social or emotional support they needed. About 41 percent of blacks reported that they did not receive adequate social or emotional support, a rate twice as high as that of whites. The respondents who most often claimed that they did not get enough social or emotional support included those who earned lower incomes, those who were less educated, and the unemployed.

Other Measurements: Pain, Depression, Anxiety, Not Enough Sleep, and Vitality

According to the the 2000 BRFSS, in a 30-day period, South Carolina adults enjoyed an average of 19.2 days in which they were very healthy and energetic, 3 days in which they suffered depression, 2.9 days in which they were in pain, and 4.9 days in which they felt anxious. On average, South Carolina adults did not sleep or rest well 8 days out of a 30-day period.

Disability

About 23 percent of South Carolina adults reported that they had disabilities severe enough to limit their ability to work or participate in activities; cause learning, memory or concentration problems; or require special equipment or help to get around. These findings are significant, because people with disabilities reported more life dissatisfaction and got less social support than those without disabilities. According to the BRFSS, whites reported a higher prevalence of disability than blacks, and women claimed more disability than men. People of advanced age, and those with low incomes or less education also reported higher disability rates.

**Table 3. Quality of Life, 2000**

	Life Dissatisfaction			Rarely / Never Received Social			Disability		
	%	95% CI		%	95% CI		%	95% CI	
Overall	6.4	5.3	7.5	26.0	24.1	27.8	22.6	20.9	24.3
Sex									
Male	5.6	3.8	7.3	25.2	22.3	28.1	20.8	18.1	23.4
Female	7.1	5.7	8.6	26.6	24.3	29.0	24.3	22.2	26.4
Race									
White	5.5	4.4	6.5	20.6	18.7	22.6	23.2	21.3	25.2
Black	8.8	5.7	12.0	40.6	36.2	45.1	21.0	17.6	24.4
Race and Sex									
White Male	4.5	3.1	5.8	20.0	17.1	22.9	21.9	18.8	25.0
White Female	6.4	4.7	8.1	21.3	18.8	23.8	24.5	22.1	26.9
Black Male	9.4	3.3	15.6	41.7	34.1	49.4	18.6	13.1	24.1
Black Female	8.4	5.6	11.1	39.8	34.5	45.0	22.8	18.5	27.2
Age									
18-24	5.9	3.1	8.7	24.4	18.8	30.1	12.3	8.2	16.5
25-34	7.4	4.9	9.9	26.1	21.7	30.5	13.5	9.3	17.8
35-44	9.4	5.6	13.2	28.9	24.6	33.3	17.2	14.3	20.1
45-54	6.4	4.4	8.5	26.8	22.9	30.8	27.4	23.4	31.3
55-64	5.7	3.4	8.1	21.1	16.9	25.3	32.4	27.3	37.4
65 +	2.2	0.9	3.4	25.2	20.8	29.6	36.5	32.0	41.0
Education									
<High School	10.8	7.4	14.2	43.6	37.9	49.3	37.4	32.2	42.6
HS graduate	6.5	4.7	8.2	30.1	26.9	33.4	24.2	21.2	27.1
Some College	7.4	4.4	10.4	23.1	19.2	26.9	20.2	16.7	23.7
College graduate	3.1	1.9	4.3	14.6	12.1	17.0	15.2	12.6	17.8
House Hold Income									
<\$25,000	11.4	8.6	14.2	37.3	33.3	41.3	34.9	31.2	38.6
\$25,000-\$49,999	5.4	3.9	6.9	25.9	22.8	29.0	17.6	14.7	20.5
\$50,000-\$74,999	4.4	0.2	8.6	18.8	13.6	23.9	13.5	10.1	16.9
\$75,000+	1.7	0.4	3.0	8.9	5.6	12.3	14.0	10.0	18.0
Employment									
Employed	5.8	4.3	7.3	24.3	22.1	26.6	14.2	12.3	16.1
Unemployed	12.5	6.3	18.7	41.3	30.5	52.0	36.7	26.8	46.5
Others	3.4	2.1	4.6	23.9	20.6	27.2	30.8	27.4	34.2
Unable to work	23.3	16.1	30.6	44.7	35.8	53.6	78.5	70.8	86.2